



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35026, Chiton, leathery, gumboots (Alaska Native)

Report Date: July 16, 2017 13:20 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 78.60 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Energy | kcal | 83 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Energy | kJ | 346 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Protein ¹ | g | 17.10 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Total lipid (fat) ¹ | g | 1.60 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Ash ¹ | g | 2.70 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca ¹ | mg | 121 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Iron, Fe ¹ | mg | 16.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid ¹ | mg | 0.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Thiamin ¹ | mg | 0.050 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Riboflavin ¹ | mg | 0.340 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Niacin ¹ | mg | 4.200 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Vitamin A, IU ¹ | IU | 1650 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993